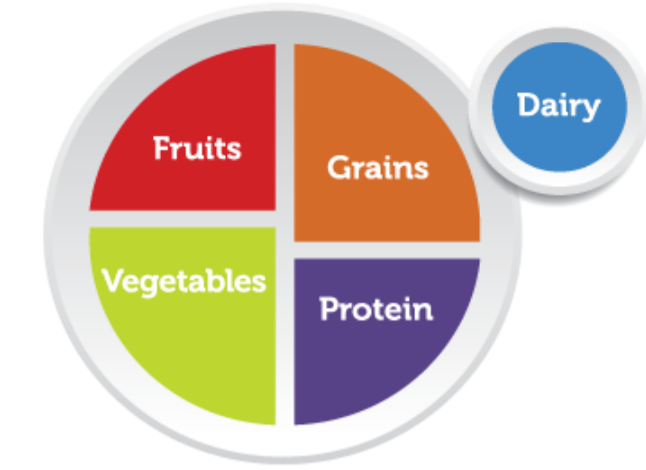




Tracy Unified School District

9-12 Breakfast & Lunch Menu

August - October 2021



Breakfast

Breakfast includes choice of one (1) main entrée, fruit and/or 100% fruit juice choices which vary by day, and choice of milk. Students must select 3 food items with one being a 1/2 cup of fruit/fruit juice.

Monday	Tuesday	Wednesday	Thursday	Friday
Select One Breakfast Entrée: PopTarts* Breakfast Muffin* Cold Cereal Bowl*	Select One Breakfast Entrée: Sausage (turkey) Breakfast Pizza Mini Pancakes & Sausage (pork) Cold Cereal Bowl*	Select One Breakfast Entrée: Egg & Cheese Sandwich* & Tots Mini Cinnamon Rolls * Cold Cereal Bowl*	Select One Breakfast Entrée: Egg & Chorizo (beef) Breakfast Burrito Waffle Grahams & Yogurt* Cold Cereal Bowl*	Select One Breakfast Entrée: Pancake Sausage (turkey) & Tots Crunchmania* Cold Cereal Bowl*

Lunch

Lunch includes choice of one (1) main entrée, fruit and vegetable choices which vary by day, and choice of milk. Students must select 3 of the 5 food components with one being a 1/2 cup of fruit or vegetable.

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Specials: Fiesta Nacho Bar Bacon Cheeseburger (turkey & beef) & Fries BBQ Chicken Wings & Fries	Daily Specials: Homestyle Chicken or Veggie Bowl* Buffalo Chicken Wings & Fries Pretzel Dog (beef) Fresh Baked Cookie	Daily Specials: Breakfast Burrito Bar (pork & beef) Bacon Cheeseburger (turkey & beef) & Wedges Corn Dog (chicken) & Wedges	Daily Specials: Orange Chicken & Rice Buffalo Chicken Wings & Fries Garlic Cheese Bread* & Marinara Fortune Cookie	Daily Specials: Chicken Drumstick, Wedges & Toast Bacon Cheeseburger (turkey & beef) & Wedges Spicy Fish Sandwich on Ciabatta

Additional Entrees Offered Daily (Monday - Friday):

Cheese Pizza*, Pepperoni Pizza (turkey and beef), Regular or Spicy Crispy Chicken Sandwich, Grilled Rice & Bean Burrito*, Turkey & Cheese Sandwich, Spicy Chicken Salad, Chicken Caesar, Buffalo Chicken, or Veggie Wrap*

* = Vegetarian

All meals are whole-grain rich and include choice of 1% white or nonfat chocolate milk. Menu subject to change without notice. Nutrition information can be found at <https://tusdfoods-services.com>.

This institution is an equal opportunity provider.